

November 2025 Head Start Menu - West

Monday

Tuesday

Wednesday

Thursday

Friday

All-day session children receive breakfast, lunch and snack.

Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day.

WG = whole grain WGR = whole grain rich HM = homemade



3 Center Closed 	4 WG Cheerios Cereal, Blueberries Hamburger on Bun, Cheese Slices, Tater Tots, Pickles, Peaches WG Graham Crackers & Peanut/Seed Butter	5 WG Mini Waffle, Banana HM Sausage Tortellini Soup, Crackers, String Cheese, WG Roll, Broccoli & Dip, Grapes Yogurt & Pineapple	6 Scrambled Eggs, WG Toast, Orange Slices Nachos (HM Cheese Sauce, Lentil Taco Meat, WG Tortilla Chips, Corn, Lettuce, Salsa), Pears WG Goldfish Crackers & Pretzels	7 WG Pumpkin Bread, Applesauce HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Baked Beans, Pineapple WG Muffin, 100% Juice
10 WG Oatmeal, Baked Cinnamon Apples, Raisins HM Beef & Bean Enchilada on WG Tortilla, Spanish Rice, Salsa, Corn, Pears Cottage Cheese, Peaches IT ONLY	11 Special K Cereal, Strawberries Beef Roast with Gravy, Mashed Potatoes, WG Roll, Cooked Carrots, Tropical Fruit Salad WG Tortilla Chips & Salsa	12 Cheese Omelet, Orange Slices Orange Chicken, WG Brown Rice, Cooked Broccoli, Apple Slices WG Soft Pretzels & Cheese Sauce	13 WG Pancakes, Bananas HM Stuffed Pepper Soup with Beef & Rice, Crackers, WG Cheesy Breadstick, Green Beans, Pineapple Saltine Crackers & Cheese Slices	14 HM WG Apple Cinnamon Muffin Bars, Kiwi Cheesy Flatbread with Sauce, Cottage Cheese, Cucumber & Dip, Fruit Salad WG Cheez-It, 100% Juice
17 WG French Toast Sticks, Strawberries HM Chicken Corn Chowder with WG Biscuits, Cheese Slices, Peas, Peaches WG Veggie Crackers IT ONLY	18 WG Kix Cereal, Blueberries Lasagna Rollup with Meat Sauce, Garlic Bread, Parmesan, Italian Vegetables, Apple Slices WG Banana Bread	19 Cinnamon Toast, Applesauce Chicken Alfredo, Buttered Noodles, WG Breadstick, Green Beans, Grapes Yogurt, Mixed Berries, & WG Granola	20 Breakfast Burrito (WG Tortilla, Eggs, & Cheese), Banana HM Baked Turkey, Mashed Potatoes, Gravy, Stuffing, Corn, Hawaiian Roll, Mandarin Oranges, HM WG Pumpkin Bars WG Animal Crackers	21 WG Waffle Sticks, Fruit Salsa HM Meat/Cheese Pizza on French Bread, Cottage Cheese, Carrots & Dip, Pineapple WG Sunchips, 100% Juice
24 WG Frosted Mini Wheats, Strawberries WG Chicken Nuggets, Buttered Noodles, Peas, Peaches Hard Boiled Egg & String Cheese Preschool in Session	25 WG Muffin, Fruit Salsa HM Chili with Beef, WG Corn Chips, Cheese, Sour Cream, HM Cornbread, Beans, Fruit Cocktail WG Graham Snacks	26 Center Closed 	27 Center Closed 	28 Center Closed 